

GOURMET PREGO ROOSTERKOEKE

Suitable for a summer family ‘build your own prego roosterkoek’ lunch or picnic.

A true South African classic, fresh roosterkoeke with butter and jam! Nothing homier than that. Take that nostalgic classic and give it a Portuguese twist by making prego rolls out of them. Easy for a summer family ‘build your own prego roosterkoek’ lunch or picnic.



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Prep time: 25 minutes
Cook time: 30 minutes
Serves 4-6 people

INGREDIENTS FOR THE ROOSTERKOEK:

4 cups flour
1 tot sugar
1 teaspoon salt
1 packet of instant yeast
2 cups lukewarm water

FOR THE BUILD-YOUR-OWN-PREGO STATION:

4-6 minute steaks
Camembert or brie cheese
Fresh rocket
Butter
Fresh salsa with corn
Guacamole
Sour cream
Variety of your favourite sauces

INSTRUCTIONS:

1. If you're using a charcoal braai, light your fire. If you're using a gas braai, you only have to preheat it a bit later.
2. Start to make the dough by mixing the flour, salt, sugar, and yeast.
3. Add the lukewarm water to the flour a little at a time and use a clean floured surface to knead the dough until soft and elastic. Be careful to add all the water at once, as it can become a runny mess. If the dough comes together and you still have water left, don't add it.
4. Let the dough rise for about 15 minutes in a warm place and knead again for 5 minutes.
5. Preheat your gas braai for 10 minutes.
6. Divide the roosterkoeke dough into 8-10 pieces. Rub lightly with olive oil to prevent it from sticking to the grid. Place on the braai and close the lid. Once the first side starts to harden, turn around to the other uncooked side. Braai for 15-20 minutes till golden brown.
7. While the roosterkoeke bakes, prep all the toppings for your gourmet prego rolls and place them on the table.
8. Test the roosterkoeke by tapping on them. If they sound hollow, they are done. Another way is to insert a toothpick in them, if they come out clean without any dough residue on the toothpick, they're ready.
9. Crank up the heat on your braai for the minute steaks. If you're using a charcoal braai, scrape all your coals together.
10. Braai the minute steaks on high heat for 1-2 minutes a side and remove from the heat.
11. Serve.

MEGAMASTER RECIPE TIPS



TIP 01

At your local bakery or supermarket, ask for a bag of sourdough to buy the dough premade. Still knead it down once and let it rise. Knead it down again and make the balls for the roosterkoeke.



TIP 02

Always make extra roosterkoeke for dessert.



TIP 03

Keep the lid of the braai closed for as long as you can while the roosterkoek bakes for a more even and quicker bake.